Dual Purpose

MICROWARE® INSTRUCTIONS AND RECIPES

For Microwave and Conventional Ovens

Microware® is made of materials which conform to FDA regulations and will not char, burn, melt, or discolor when used according to instructions.

Anchor Hocking

are you getting the most from your microwave oven? see center of book

Dual Purpose Microware®

Care & Use

Your MICROWARE® cooking utensil is made from the highest quality space-age material and was specifically designed for use in microwave ovens. It is also suitable for use in conventional ovens at temperatures up to 400°F. (204°C.). **It should never be used under a broiler, browning element, or on stove top. Do not use in oven without food. Utensils should be thoroughly washed prior to use.** And you can take sturdy MICROWARE® directly from freezer to oven without fear of breakage.

Dishwashing & Cleaning

The material used in MICROWARE® is completely dishwasher safe. Normally, rinsing or soaking followed by the dishwasher cycle will satisfactorily clean the utensil. As with other ovenware, scrubbing may be required for removal of dried or baked-on food. A plastic scrubbing pad is recommended for this. **Steel wool or abrasive cleaning compounds will damage the MICROWARE® surface and should never be used.**

MICROWARE® is designed to resist staining. However, it is possible that with some foods, staining may occur. Most stains can be removed by the following methods:

1. Apply a paste of two parts coffee pot cleaner (such as DIP-IT®) and three parts water, or sprinkle cleaner on stained area and moisten slightly. Let stand one to two hours; wash off.
2. If stain persists, fill utensil with boiling water. Add three tablespoons of coffee pot cleaner; microwave 10-15 minutes on Full power, or bake in coventional oven 30-40 minutes at 350°F.

DIP-IT® is a registered trademark of Economics Laboratory, Inc.

MICROWARE® is a registered trademark of Anchor Hocking Corporation

STORAGE HINTS

For efficient storage of Microware® utensils, store in one foot of shelf space as shown above.

NON-STICK SURFACE MICROWARE®

If you have purchased non-stick surface MICROWARE®, these same dishwashing and cleaning instructions apply. **Do not use abrasive cleaning agents or metal utensils.**

Bacon Rack

The BACON RACK cooks bacon in a superior manner in both microwave and conventional ovens, provided the instructions below are followed. It improves the taste and reduces absorbed fat by elevating the bacon out of its grease while cooking. As an added convenience, bacon cooks uniformly without turning.

A. In a Microwave Oven

Up to 1 pound of bacon can be prepared using the following methods, and time chart.

Time Chart: (Full Power)

2- 3 slices	2- 3 minutes
4- 6 slices	4- 5 minutes
7-10 slices	6- 8 minutes
10-14 slices	9-10 minutes
15-18 slices	11-13 minutes

Up to 8 Slices:

Place bacon slices on the BACON RACK as shown in photograph. Cover with a single sheet of paper towel.

Up to 1 Pound:

To microwave more than one layer at a time, place 4 to 6 slices of bacon on the rack. Cover with single layer of paper towel, place additional slices on top of towel. Cover with another single sheet of paper towel. Use Full power.

B. In a Conventional Oven

Arrange bacon slices on rack as shown in photograph. Cook at 325-350° for 15-20 minutes depending upon thickness of bacon and crispness desired. Bacon will not require draining or drying since grease will accumulate in the juice well.

Other Uses:

The BACON RACK is suitable for roasting all meats, poultry, hamburgers, hot dogs, etc., because of the juice well which collects juices. It elevates meat from the juices so the meat roasts rather than stews. Place your meat or poultry on the rack and let the oven do the rest.

Use the settings recommended in your cookbook or your oven manufacturer's instructions. Care should be taken to remove juices from the well periodically during the cooking cycle. In microwave cooking, collected juices will absorb energy and lengthen cooking time. Juices can be stored for later use in gravies, if desired.

The BACON RACK is also useful for reheating breads or pastries. The design allows air to circulate around the bread, thus preventing sogginess or excessive build-up of moisture.

Roasting Rack

The ROASTING RACK should always be used with Anchor Hocking's 2-quart glass utility baking dish or the MICROWARE® BAKING SHEET. Together, these form an ideal cooking utensil for roasts, ham, poultry, hamburgers, etc. Designed to allow juices to drain off, the rack produces optimum cooking results in either microwave or conventional ovens.

Other Uses:

Bake or reheat bread or pastry right on the rack. It's designed to allow air to circulate beneath the bread which reduces sogginess.

The rack is ideal for defrosting and can also be used to elevate food which may be recommended by microwave oven manufacturers.

Baking Sheet

The BAKING SHEET is a multipurpose utensil which can be put to many good uses.

The deep side is ideal for cooking foods like scalloped potatoes, lasagna, or sheet cakes. Corn-on-the-cob can be prepared quickly in this utensil by microwave cooking (2 large ears, 4-6 minutes). Use Full power.

When inverted, it becomes a cookie sheet or baking surface for pizza, frozen waffles, pancakes or other dry foods. In a microwave oven, the inverted BAKING SHEET elevates food to proper cooking height.

Other Uses:

It is designed to accommodate the MICROWARE® ROASTING RACK in cooking roasts, poultry, etc.

It also may be used in a microwave oven as a base tray to contain spillage which may occur in cooking.

Baking Ring

The BAKING RING is a versatile utensil for microwaving or conventional cooking. It is perfect for use as a tube pan in baking cakes from prepared mixes or standard cake recipes. (CAUTION: It is not designed for chiffon, angel food, or other high-rising cakes. Recipe or cake mix volume should be checked carefully to prevent overfilling).

For best results lightly grease or spray the BAKING RING with vegetable oil. Dusting with sugar will also improve release characteristics. Baking times will vary depending upon the type of cake and oven being used. Cookbook or package instructions should be followed. When using a recipe or mix for the first time, progress should be checked frequently toward the end of the cooking cycle to avoid over- or under-baking.

Other Uses:

The circular design of the BAKING RING is ideal for microwaving meat loaves, casseroles, souffles, or vegetables. It is also suitable for cold vegetables, seafood, or refrigerated salad molds.

Muffin Pan

The MUFFIN PAN is also a multiple use item. It is used primarily, of course, for muffins or cupcakes. Normally, recipe or package instructions should be followed in baking those items.

Two paper cup liners should be used in each muffin cup to absorb excess moisture during baking in a microwave oven.

For conventional oven use, lightly greasing or spraying the cups with vegetable oil is recommended, if paper cup liners are not used.

Other Uses:

Use the MUFFIN PAN to poach eggs, cook individual quiches, custards or vegetable portions, bake potatoes **or as a cover for the BAKING RING.**

Simmer Cooker™

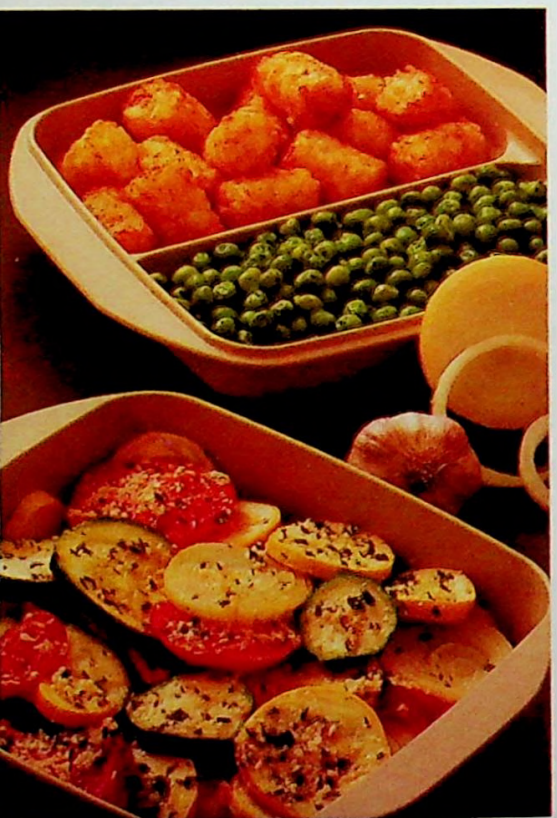
and Pie Plate Cover

The SIMMER COOKER has a 4-quart plus capacity and is designed for large quantities of soups, stews and casseroles. The size and shape also accommodate whole poultry such as a roasting chicken or duck and large roasts.

The Pie Plate Cover can fit very tightly or be turned so that the small holes allow steam to escape. Temperature probes or cooking thermometers can be inserted through the opening without disturbing the covering.

Other Uses:

Stews, soups, whole chicken or other poultry, roasts, casseroles, potato mixes, large mixing bowl. Use the Pie Plate Cover for: Cream pies, crisps and cobblers, bars, cakes, vegetables, casseroles or omelettes.



Versatility Pan

and Divided Dish Cover

The VERSATILITY PAN is an ideal size and shape for many frozen foods as well as small casseroles, meat dishes and some small desserts. It can be used with its own Divided Cover or uncovered.

The Divided Cover (sectioned dish) is convenient for cooking a meal, heating leftovers and heating individual portions of frozen foods. For items that reheat very quickly leave the dish uncovered. When a cover is desired, use the inverted VERSATILITY PAN or a paper towel.

Other Uses:

Casseroles, sauces, frozen vegetables, frozen entrees, meatballs, quarter chicken. Use the Divided Cover for: Individual meals, reheating two items at once or leftovers.

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Advertisement

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Brownies, Cakes & Pies

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You may already have a microwave cookbook, but a general-purpose recipe book can't answer in detail what happens in microwaving and why. "Basic Microwaving" shows you exactly what to expect every step of the way, including a new photo technique that **shows you how foods look while they are actually being microwaved!**

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the microwave cooking library™

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The Microwave Cooking Library is the most complete collection of microwave cooking information ever assembled. Twelve volumes in all, each guiding you step-by-step through microwave cooking with hundreds of color photos and directions.

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. . . and start getting the most out of your microwave oven.

Coq-Au-Vin

Serves 4-6 (To be prepared in SIMMER COOKER)

½ cup all purpose flour
2 teaspoons salt
¼ teaspoon cracked pepper
3 to 4 pound frying chicken, cut in pieces
4 slices bacon
3 small onions, halved
1 clove garlic, finely minced
1 stem celery, cut in ½-inch pieces
1 pound fresh mushrooms, sliced
¾ cup red wine
2 tablespoons brandy
1 bay leaf
1 tablespoon chopped parsley

Combine flour, salt and pepper in bag. Add chicken; shake to coat. Set aside. Cut bacon in 1-inch pieces; place in bottom of Simmer Cooker. Microwave uncovered 3½ minutes on Full power; stir after ½ time to avoid sticking. Do not drain. Stir in flour from bag. Place all remaining ingredients in Simmer Cooker; stir to mix. Cover and microwave 15 minutes on Full power or until chicken is tender and gravy slightly thickened. Stir gently and microwave 10 minutes uncovered on Full power. Remove bay leaf. Cover; let stand 10 minutes.

For conventional oven: Bake at 350°F. for 1 hour and 10 minutes to 1 hour and 20 minutes, covered.

Poached Eggs

Serves 3 (To be prepared in MUFFIN PAN)

1½ teaspoons butter or margarine
3 eggs
salt and pepper

In every other muffin cup, place ½ teaspoon of butter or margarine. Break one egg into each cup (3 eggs). Cover entire Muffin Pan with plastic wrap. Microwave 1½ to 2½ minutes on Full power (approx. 30 to 45 seconds per egg). Allow to stand for 2 minutes in Muffin Pan prior to serving.

Season with salt and pepper.

Harvey Wallbanger Cake

(To be prepared in BAKING RING)

1 package (2 layer size) orange cake mix
1 package (3-3¾ oz.) instant vanilla pudding mix
¾ cup orange juice
½ cup oil
4 eggs
¼ cup vodka
¼ cup Galliano

Evenly grease BAKING RING or spray with vegetable oil.

In a large mixing bowl combine all ingredients; beat for 4 minutes on medium speed with electric mixer.

Remove 1½ cups batter, reserve for cupcakes. Pour remaining cake batter into prepared baking ring. Microwave on ⅔ power (Med. High) for 2 minutes, ½ power (Medium) for 20 to 30 minutes, or until wooden pick inserted in center comes out clean. Rotate once during cooking time, if necessary. Batter will run over sides of pan slightly.

Let stand in pan for 10 minutes. Turn out on plate and glaze while warm.

In conventional oven: Bake for 35 minutes at 350°F. Glaze while warm.

Glaze:

1 cup confectioners sugar
1 tablespoon orange juice
1 tablespoon vodka
1 tablespoon Galliano
1 tablespoon white corn syrup

Combine ingredients in a small bowl. Stir until smooth and drizzle over warm cake.

Baking Cakes in a Microwave

Microwave baking does not produce a brown crust. But most cakes don't require browning since they will be iced or frosted. After baking, let a cake stand until the sticky, slightly damp surface dries. Since baked goods rise more in the microwave oven, reduce the liquid and leavening (by about ¼). Be careful not to overfill the baking utensil.

Stuffed Pepper Pot

Serves 4 (To be prepared on BAKING SHEET)

4 large green peppers
1 pound lean ground beef
1 small chopped onion
2 cups of cooked rice
1 8-oz. can of tomato sauce
2 tablespoons chopped celery
1 teaspoon salt
Dash of pepper

Cut thin slice from stem end of pepper. Remove seeds with teaspoon; discard.

In 1½-quart glass casserole, combine onion and ground beef, place in microwave oven and cook 2-3 minutes on Full power or until onion becomes transparent and beef slightly brown.

Add remaining ingredients except peppers; mix well. Stuff peppers with mixture and place on baking sheet. Cover with plastic wrap and microwave 12-15 minutes on ⅗ power (Med. High).

For conventional oven: Combine onion and hamburger in skillet; brown lightly on stove top at medium high heat. Assemble as directed. Bake at 350°F. for 45 minutes.

Garden Vegetable Casserole

4 Servings (To be prepared in VERSATILITY PAN)

2 small yellow summer squash, sliced
1 medium zucchini, sliced
1 small white onion, sliced
1 tomato, sliced
2 tablespoons grated Parmesan cheese
½ teaspoon seasoned salt
½ teaspoon basil
½ teaspoon thyme

Place all sliced vegetables in Versatility Pan and mix all other ingredients. Toss lightly. Cover and microwave on Full power for 8-10 minutes.

For conventional oven: Place in oven for 20-25 minutes at 350°F.

Mini Mushroom Quiche

Serves Six (To be prepared in MUFFIN PAN)

Pastry for two crust pie
1 medium onion, sliced
2 cups fresh mushrooms, sliced
2 tablespoons butter or margarine
3 tablespoons flour
½ cup milk
2 eggs, beaten
¼ cup light cream or evaporated milk
¼ teaspoon salt
dash black pepper

Lightly grease each muffin cup with butter or margarine (spray vegetable coating can be used).

Roll pastry dough out to 1/16th" thickness. Cut six circles 5½ to 6 inches in diameter. Line each cup with a circle of dough, being careful not to stretch dough. Trim and flute edges. Prick sides and bottom of each shell with a fork. Microwave on ⅗ power (Med. High) for 4 to 6 minutes or until shells appear flaky. During cooking, rotate 2 to 3 times or as needed. Set aside.

Mushroom Filling

Combine onions, mushrooms, and butter in 1 quart measure or bowl. Microwave 2 to 3 minutes on Full power. Add flour and mix well. Stir in milk. Microwave 1 to 2 minutes on ⅗ power (Med. High) or until mixture boils.

Stir a little of the hot mixture into beaten eggs. Stir egg mixture, cream, salt, and pepper into hot mushroom sauce. Spoon mixture into baked shells. Microwave 4 to 6 minutes on ½ power (Medium) or until metal knife inserted in center comes out clean. During cooking rotate 2 times or as needed.

For conventional oven: Prepare on stove top in frying pan. Saute onions and mushrooms in butter until soft. Sprinkle flour over onions and mushrooms and blend in. Add milk gradually, stirring constantly over medium heat until mixture boils. Combine ingredients as directed above. Spoon into baked shells; bake at 325°F. for 25 minutes.

Chicken Dinner-in-a-Dish

Serves 1 (To be prepared in DIVIDED COVER)

2 chicken legs
3 tablespoons corn flake crumbs
⅛ teaspoon garlic salt
⅛ teaspoon paprika
1 tablespoon milk or water
½ cup frozen potato puffs
½ cup frozen peas

Wash chicken; pat dry. Combine crumbs, garlic salt and paprika on waxed paper. Dip chicken in milk; roll in crumbs to coat evenly. Arrange in one section of Divided Cover.

Place potatoes at ends of other section. Add peas to center of section. Cover with paper towel. Microwave on Full power 6 to 7 minutes or until chicken is done.

For conventional oven: Bake at 350°F., uncovered, for 40 to 45 minutes.

Melba Cheesecake Pie

9-inch pie (To be prepared in PIE PLATE COVER)

¼ cup butter or margarine
1¼ cups graham cracker crumbs
2 tablespoons sugar
1 can (16 oz.) sliced peaches, drained
1 package (8 oz.) cream cheese
⅓ cup sugar
½ cup sour cream
1 egg
½ teaspoon almond extract
⅓ cup raspberry jam

Microwave butter in Pie Plate Cover ½ to 1 minute on Full power or until melted. Mix in crumbs and 2 tablespoons sugar; press onto bottom and sides of pie plate. Microwave on Full power 1½ to 2 minutes or until hot. Arrange peaches on crust.

Microwave cream cheese in glass mixing bowl 1 minute on ½ power (Med.), or until soft. Blend in remaining ingredients, except jam; pour over peaches. Microwave on Full power 3½ to 4½ minutes or until edges are set, rotating once. Cool. Spoon jam onto pie; spread to cover. Refrigerate until served.

For conventional oven: Melt butter in saucepan; remove from heat. Add crumbs and sugar; press into pan. Assemble as directed. Bake at 350°F. 15 to 20 minutes.

USING YOUR MICROWAVE OVEN FOR CONVENTIONAL RECIPES

You can adapt your family's favorite conventional recipes to microwave cooking by keeping a few simple rules in mind.

The main thing to remember is that microwave cooking takes approximately ¼ the time conventional cooking takes. When using a recipe for the first time, frequent checking of cooking is recommended.

Due to microwave's tremendous cooking speed, liquids have less time to evaporate, seasonings aren't cooked away, and some foods require precooking or presoaking before being combined with other ingredients. Thus, you should...

1. Use less liquid for stews, casseroles, soups, vegetables, and other foods high in moisture content.
2. Go lighter on seasonings.
3. Precook pasta and rice (unless it's the instant type) when combining with other ingredients. Likewise, some meats require cooking before adding other foods to make a casserole.
4. Presoak dehydrated ingredients such as dried beans, peas, and green peppers.

The size and shape of the dish influence microwave cooking time. A waxed paper tent placed over poultry in the microwave oven helps distribute heat more evenly, while a plastic wrap over a casserole will accelerate cooking. Gentle stirring of soups and casseroles will help distribute the heat toward the center to ensure even cooking of foods.

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